

# Time to talk about my faith...



## Getting ready...



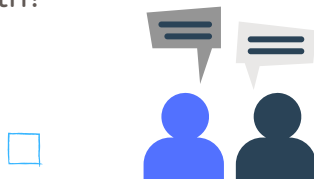
How do I feel I am being treated about my faith?



What do I want to get out of the talk?



Have I made a list of my points? What helps? What makes it worse?

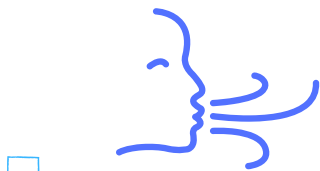


Do I want someone in the chat with me?

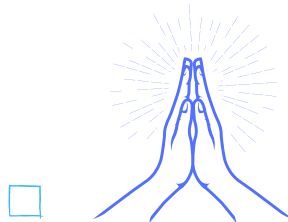


Do I have what I need to hear and see ok?

## During the conversation I will remember...



To take deep breaths if I get upset.



I am the expert on my spiritual needs.

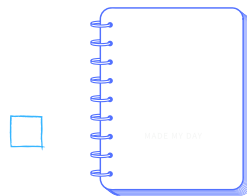


I can stop the talk at any time if it is not helping.

## Before I leave I will make sure...



I have said everything I wanted to say.



I have got notes about the chat and I understand them.



I know how to get more help if I need it.



Do I feel better after the talk?

